

VOID : SEALING FEE NOT PAID.

N° 5867



A.D. 1913

Date of Application, 10th Mar., 1913—Accepted, 10th July, 1913

## COMPLETE SPECIFICATION.

## Muscle-developer.

I, MAX GORFEL, of No. 18, Krenshagenerstrasse, Kiel, Germany, Manufacturer, do hereby declare the nature of this invention and in what manner the same is to be performed, to be particularly described and ascertained in and by the following statement:—

5 This invention relates to a muscle developer of that type which is made from steel springs fixed in handles in such a manner that their bending force can be regulated according to the person who uses the developer.

The invention consists in the special arrangement and combination of parts as hereinafter described and shown in the accompanying drawing in which:—

10 Fig. 1 is an elevation and

Fig. 2 is a plan view of the muscle developer.

The muscle developer consists of a convenient number of bent blade springs *a* of uniform lengths made from good sheet steel. The ends of the blade springs *a* are mounted in handles *b* where they are fixed by means of clamping screws *c* or in any other convenient manner.

The handles *b* are arranged so that they can be adjusted for the reception of different numbers of blade springs.

The muscle-developer is used in the following manner:—

The person who wants to practice takes the developer at the two handles *b* and bends the blade springs in the direction opposite to the direction in which they are curved. As shown in Fig. 1 an adjustable support *d* can be used. The person who practices can, for example, bend in the knees when he is using the developer for as soon as the pressure of the arms exerted upon the developer ceases, the springs return to their normal position and communicate an impulse for lifting the person.

For bending the developer without the adjustable support any part of the body can be used as support, for example, the neck, the head, the knee or any other part, said part being strengthened by the exercise. If the developer is to be used in schools, it is attached to a fixed support by means of a convenient clamping device so that one pupil after the other can use the same.

30 To store the developer it is turned down and it is bent so that the eyes *g* of the handles *b* can be fixed to a convenient part of the support *d*.

Having now particularly described and ascertained the nature of my said invention and in what manner the same is to be performed, I declare that 35 what I claim is:—

Muscle developer comprising in combination, two handles having each a hollow at one end, a convenient number of curved blade springs made from

[Price 8d.]



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*Muscle-developer.*

sheet steel fixed with the ends in the cavities of said handles, and clamping screws in said handles for fixing the ends of said blade springs in position, substantially as described and shown and for the purpose set forth.

Dated this 10th day of March, 1913.

MAX GOEPEL,  
Applicant.

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By O. Graham Devers,  
His Agent.

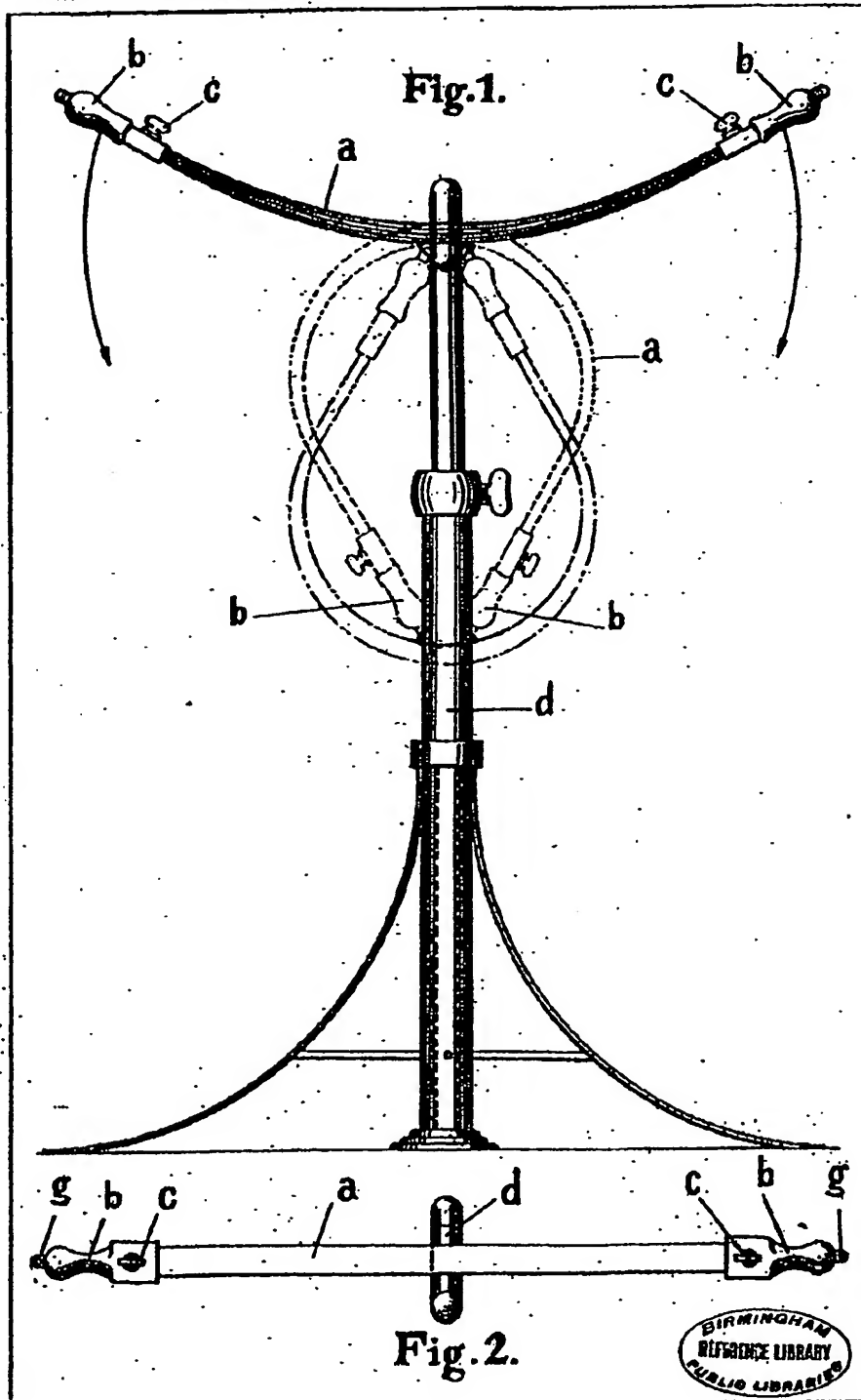
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A.D. 1913, MARCH 10. N° 5987.  
GOEPPL'S COMPLETE SPECIFICATION.

( 1 SHEET )

[This Drawing is a reproduction of the Original on a reduced scale.]



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